

# AUTOINTOXICATION OR SELF-POISONING

The Dangerous Condition Which Produces Many Well Known Diseases.

## HOW TO GUARD AGAINST THIS TROUBLE

"FRUIT-A-TIVES" — The Wonderful Fruit Medicines — will Protect You

Auto-intoxication means self-poisoning, caused by continuous or partial constipation, or insufficient action of the bowels.

Instead of the refuse matter passing daily from the body, it is absorbed by the blood. As a result, the Kidneys and Skin are overworked, in their efforts to rid the blood of this poisoning.

Poisoning of the blood in this way often causes Indigestion, Loss of Appetite and Disturbed Stomach. It may produce Headaches and Sleeplessness. It may irritate the Kidneys and bring on Pain in the Back, Rheumatism, Gout, and Rheumatic Pains. It is the chief cause of Eczema — and keeps the whole system unhealthy by the constant absorption into the blood of this refuse matter.

"Fruit-a-tives" will always cure Auto-intoxication or self-poisoning — as "Fruit-a-tives" acts gently on bowels, kidneys and skin, strengthens the bowels and tones up the nervous system. (See a box, 6 for \$2.50, trial size, 25¢.) At all dealers or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

### White Ribbon News.

Woman's Christian Temperance Union first organized in 1874.

Aim: — The protection of the home, the abolition of the liquor traffic and the triumph of Christ's Golden Rule in custom and in law.

Motto: — For God and Home and Native Land.

Badge — A knot of White Ribbon.

Watchword — Agitate, educate, organize.

Officers of WOLFVILLE UNION.

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1st Vice President — Mrs. J. Cutten.

2nd Vice President — Mrs. R. Reid.

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Recording Secy — Mrs. W. O. Taylor.

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SUPERINTENDENTS.

Laborer Work — Mrs. Fiddling.

Lombmen — Mrs. J. Kempton.

Willard Home — Mrs. M. Freeman.

Temperance in Sabbath-schools — Mrs. (De.) Brown.

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White Ribbon Bulletin — Mrs. Walter Mitchell.

Loyal Temperance Legion — Mrs. L. Rand.

### Dies Pacis

John Ozernhan, in Christian Union, London.

"Only through Me!" . . . The clear, high call comes pealing

Above the thunders of the battle-plain —

"Only through Me can life's red wounds find healing;

Only through Me shall earth have peace again.

"Only through Me! . . . Love's might, all might transcending.

Alone can draw the poison-fangs of hate,

Your's the beginning! — Mine a nobler ending —

Peace on earth, and man regenerate!

"Only through Me can come the great awakening!

Wrong cannot right the wrongs that wrong hath done;

Only through Me, all other gods forsaking,

Can ye attain the heights that must be won.

"Only through Me shall victory be sounded;

Only through Me can right wield righteous sword;

Only through Me shall peace be surely founded;

Only through Me! . . . Then bid Me to the board!"

Can we not rise to such great height of glory?

Shall this vast sorrow spend itself in vain?

Shall future ages tell the woe-torn story "Christ by His own was crucified again?"

### Race Poisoning

To the Editor.

Sir, — Is it true that the white race are being slowly poisoned off the face of the earth, that men are growing smaller, disease increasing, doctors and drug stores multiplying, the insane increasing out of all proportion to the increase of population, and the weaklings and unfit threatening to equal in number those who are able to take care of themselves? Is it true that the moderate drinker who probably has never been drunk may leave behind him a race of weaklings on account of his self-indulgence? Is it true that where prohibition has been pretty well enforced for a number of years that the insane, the weak-minded, and the idiots have decreased in

number? It is a wonder to me that many of the great nations of Europe have become so degenerate. The degeneracy caused by the use of intoxicants that they are trying to poster, have bills and other means to warn the people of their danger?

If these serious statements are even half true, and they are wholly true, what kind of people are we that do not rise in a mass as the people did in Russia and demand that this poisoning of the nation shall cease? It is very humiliating to find that nations that we have been calling "Heathens" have more care for the national welfare and stability than we. China has conquered in her war against opium. A large colony of negroes in New York with property valued at many millions are found to have less than half the number of ailments that the surrounding whites have. Now we have the news that Russia has abandoned the use of intoxicants of all kinds. Recently the great cities of Petrograd and Moscow have refused, by a popular vote, to allow the use of even beer and light wines.

In view of all these facts it is no time that we ask the Legislature, under an immense petition, to do something to save the nation before it is too late? They waste their time and the country's money over childish nonsense, compared to this great national evil, which they seem scared to touch.

H. ARNOTT, M. B. M. C. P. S.

### Get Out-Of-Doors.

"Going back to nature" does not mean going back to savagery nor to barbarism nor to any prehistoric past; it only means opening the doors and windows and stepping out to reclaim his share of the riches of earth's sufficiency, the leisure and sunlight and gladness which have been from the beginning only waiting to be utilized and enjoyed. We go back to nature every time we allow instinct to save us from some foolish indiscretion of greed or bad habit. The benefit of out-of-doors is not that it takes us away from civilization, but that it restores us to ourselves. Its profound essential satisfactions build themselves into the character and become part of the personality. Houses were made for shelter, not for confinement; for freedom not restraint, they were intended to enlarge our spheres of activities, not to diminish them. They were to provide us a protection against the elements, so that busy, happy life could go on unhindered by extremes of climate. After food, shelter is the first requisite. Houses afford the family and facilitate progress if we do not abuse their protection. We withdraw into their still and comfortable recesses, sleep in their warm chambers, toast ourselves over their easy fires, read by their unflickering lights; so long have we done this that we have grown pale, timid and thankful withal. Houses were only made to live in when it is too cold or too hot or too wet to live out-of-doors. At any other time out-of-doors is best. It is the only place where a man can breathe and sleep and eat to perfection, keeping the blood red in the cheeks; and these are the three prime factors in the life of humans, the three great rhythms of our being. It is almost impossible to get enough fresh, pure air inside of four walls and it is not possible at all to keep the wholesome flush of health in rooms unvisited by daily sun and breeze. The health of our soldiers under canvas is proof that to sleep out-of-doors is better than a pampered trip to Europe. Testimony is abundant that a supply of good air makes sleep normal, deep, untroubled and refreshing so that the one who follows this plan, opens his eyes upon the world as gladly as a hunter or any pagen shepherd in the morning of the world. Too often men grow anxious and flustered and hurried with distraction; worry always becomes an inseparable companion indoors; sometimes half a dozen deep breaths of clean air lend a different complexion to life. Our anxieties are nearly all artificial and are bred indoors, under the stifling oppression of walls, and roofs, to the maddening clangor of pavements, and a day in the open will often dispel them like a bad dream.

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# A DEAD NERVE CELL CAN NEVER BE REPLACED

The human body is composed of millions of tiny cells of various kinds. With the single exception of the brain and nerve cells, there is a system of dividing up of cells to form new ones. In this way the blood cells, the tissue cells, the cells of the stomach, liver, kidneys and other vital organs may be increased so as to make up for loss or injury. But not so with the cells of the nervous system. You have a certain number at birth, but never any more. A feeble, poisoned nerve cell may be restored, but a dead cell can never be replaced.

For this reason complete paralysis can never be cured, but the person who is partially paralyzed may be greatly benefited by restorative treatment such as Dr. Chase's Nerve Food, which nourishes the feeble, wasted nerve cells back to health and vigor.

This, undoubtedly, is the strongest reason why everybody should be familiar with the symptoms which tell of exhaustion of the nerve cells and know the best means of restoring the vitality of the nerves before they become dead to all treatment.

Sleeplessness, restlessness, irritability, nervous headaches, nervous indigestion, loss of energy and ambition, feelings of discouragement and inability to concentrate the mind are among the most common warnings. Later developments are known as nervous prostration, locomotor ataxia and paralysis.

It is easy to neglect treatment in the early stages, but that is the time when a few boxes of Dr. Chase's Nerve Food will do wonders for you. Preventive treatment, which is so good in all ailments, is practically the only method to be applied to diseases of the nerves, because of the fact that a dead nerve cell can never be replaced, whereas a feeble, wasted nerve cell can be restored by such nourishing medication as is afforded by Dr. Chase's Nerve Food. Should you desire further particulars about this great food cure, kindly write for booklet.

50 cents a box, 6 for \$2.50, all dealers, or Edmondson, Bates & Co., Limited, Toronto. Do not be talked into accepting a substitute. Imitations disappoint.



Dr. Chase's Recipe Book, 1,000 selected recipes, sent free if you mention this paper.

### Save His Nerves.

To give the baby a quiet disposition, the first step is to keep him, free from nerves. One mother accounted for her baby's peaceful frame of mind by saying that until he was three months old, he was ignored! That seems absurd, yet there is an element of truth in it. A baby is an excitable little being. It wants to play and be played with, and it means real self-indulgence on the part of the household to refrain from kissing and cuddling and romping with the baby. Ladies' World.

### CASTORIA

The Kind You Have Always Bought

Bears the Signature of J. C. Ayer & Co.

### Not a Head for Figures.

A friend of mine who was proud of a six-year-old boy, told me the following story: "My youngest son, Warren, had been an attendant at Sunday school for more than two years, when one Sunday afternoon he said to me (whose head is bald): 'Daddy, the Sunday school teacher says all the hairs on our heads are numbered. Well, then, it seems to me you haven't much of a head for figures,' and of course the other agreed."

"Why is it that the telephone operators are all women?" Mrs. Thomas asked her husband. "Well," answered Mr. Thomas, "the managers of the telephone exchanges are aware that no class of people work so faithfully as those who are in love with their job; and they know that women would love their work at the switchboard."

"What is the work of a telephone operator?" Mrs. Thomas further inquired.

"Talking," answered Mr. Thomas.

A man holidaying in the Highlands was engaged one night in writing a letter in a humble abode, where he had obtained accommodation. The fluttering candle annoyed him and he called out:—"Mrs. McPherson, can you give me a pair of snuffers?" "A pair of snuffers?" repeated Mrs. McPherson, somewhat bewildered. "Well, I'll dae me best."

In a few minutes there was a commotion outside. Two stalwart figures shuffled in, followed by Mrs. McPherson. "This is Donald McDougall," she said, "and this is Dugal McDonald. I dinna ken what ye want wi' them; but I'm thinkin' the twa o' them tak' mair snuff than any ither twa in the parish."

During his first week at work in the crockery shop Sam had carelessly broken a large vase. On pay day he was called into the manager's office. "Half of your \$4 a week wages will be stopped," said the manager. "Sam grins and 'Well, sir,' he remarked, 'it looks like I'm sure of a steady job anyhow.'"

The man who cultivates his prejudices may expect them to keep him awake at night.

### Doubtful Wisdom

The wounded Highlander seemed to make no headway toward recovery. He was forever talking about his 'bonnie Scotland,' and the idea occurred to the doctor that the Scotch pip might rouse his spirits. Accordingly, he found a pipe and arranged that he should pour forth all the tunes of Scottish music the pipes were capable of uttering. When the doctor called the next morning, he eagerly asked the man: "Did the pipe turn up?" He did," replied the man. "And how's your Scotch pipe?" "Oh, he's fine; I never saw such a change," said the man.

"That's grand! That was a fine idea of mine," said the delighted doctor. "Yes," replied the man, "but the other thirty patients have all had serious relapses."

# JOB PRINTING!

Neatly and Promptly Executed at

# THE ACADIAN

We print Wedding Invitations, Calling Cards, Letter Heads, Note Heads, Statements, Bill Heads, Envelopes, Shipping Tags, Business Cards, Receipt Forms in all the latest styles of type.

### McCallums, L'td For Sale

The largest dealers in Improved Farm Properties in Canada. Halifax, N. S., Canada. Are now offering the property of the Wolfville Fruit Land Improvement Co. Ninety acres of orchards fully improved. In whole or part. Price exceptionally low.

C. A. Porter, Local Agent. OFFICES: WOLFVILLE AND KENTVILLE.

### ARE FATHER'S QUALITIES INHERITED AT BIRTH?

Many Geniuses Have Equally Brilliant Sons to Carry on Careers—Exceptions Also Frequent

Scientific studies of heredity are showing some very interesting and unexpected results. We now know that the typical character of a man undergoes variations at different periods of a long life, and that the son is likely to "take after" his father. But we notice, often with surprise, that capacities that were dominant in a father, which gave him sometimes great reputation, frequently are entirely lacking in his son.

Literary distinction, genius in any particular, which distinguished a certain father are quite frequently absent in the case of his son. In wondering at this we fail to take note of the period in the father's life when he "made his mark." After patient investigation science has come to the conclusion that the son inherits from his father only the qualities that were dominant at the time of his birth.

That the son will partake of the father's type of mental energy that was dominant at the time of the son's birth is shown to be substantiated by history and biography. An author presents a classified list of world celebrities together with the ages of their respective fathers at the time of their birth. For example, Alexander, Bonaparte, Charlemagne, Grant, Hannibal, Pompey and Roosevelt were all born when their fathers were at the age of less than thirty-one, the age of military and aggressive years.

Genius at Thirty-one — At the age of thirty-one to forty, the artistic age, their fathers presented to the world such geniuses as Bach, Beethoven, Goethe, Shakespeare, Raphael, Carlyle and others of their status. In the list of statesmen—these were born when their fathers were over fifty-one are: Aristotle, Bacon, Buddha, Confucius, Franklin, Moses and Solomon.

It is remarked that Mohammed, whose father was twenty-five, though a moralist and prophet, would rule the world by the sword; also that General Robert E. Lee, whose father was fifty-one, went to war because his moral obligation forced him to do so and not because he wanted to.

THE REPORTER'S TRIALS

Some of the Questions and Suggestions Hurled at Newspapermen

These are given as some of the reasons why reporters become bi-ocular fiends:

1. I should think newspaper work must be awfully fascinating.
2. Now I'm just telling you what happened. You can write it up to suit yourself.
3. Remember this is confidential.
4. Will this be in to-morrow's paper?
5. The linotype must make things a lot easier for you reporters.
6. I just think it's a shame you can't sign your name to your articles.
7. Give us a good write-up, won't you?
8. Don't know the latest news from the Balkans? What kind of a newspaperman are you, anyway?
9. I just called up . . . give you an item for the paper.
10. Don't you have a lot of exciting experiences to write up? Or can't you?
11. Yes, I'm an old newspaperman myself.
12. Have a cigar?
13. Now try to get the names right, won't you?
14. I want to see the editor.
15. I have nothing to say.
16. Who wrote that piece in the paper?
17. All reporters have to know shorthand, don't they?

### The Growth of the Hydro

During 1914 approximately 200 miles of low-tension wood pole lines were constructed in Ontario by the Hydro-Electric Power Commission, consisting of about 245 miles in the Niagara District and 15 miles in the eastern section of the Province. The right-of-way department was engaged continuously in this connection, arranging pole and tree trimming rights, etc. These lines are purchased on the 50-year easement plan. Some 700 farmers have been dealt with, agreements taken and the consideration paid, all without litigation or arbitration.

### The Useful Worm

The earth passes through no fewer than five distinct chambers in the worm, the last of which is filled with minute worms that grubs the food. On one piece of ground kept especially for experimental purposes,